



# NEW(S) HORIZON

A NEWSLETTER FROM THE  
WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET; WALPOLE, MA 02081

**Telephone** 508-668-3330 **Fax** 508-660-7363 **website:** [www.walpole-ma.gov](http://www.walpole-ma.gov)

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older.

The goal of the Walpole Council on Aging is to serve as advocates and to embrace the lives of Walpole Elders.

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING. OUR NEXT MEETING IS **THURSDAY, MAY 28th AT 1:30 PM** AT THE NEWELL SENIOR CENTER ATTACHED TO WALPOLE TOWN HALL.

*The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders. Examples of these are as follows:*

## Nutrition Programs

TRIAD

HESSCO Lunches

Podiatrist

Educational Groups

Knitting Group

Bingo

## VNA Clinics

Yoga

Outreach Services

Cribbage

Financial Programs

Writing Group

Veterans Group

## Dominos

Whist

Bridge

Great Trips

Chair Exercise Programs

Zumba Gold

Mah Jongg

Transportation for shopping, errands and medical appointments

Day of Beauty (September-June)

**LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!**

For the most up-to-date information, please go on our website at [www.walpole-ma.gov](http://www.walpole-ma.gov)

(Once on main page, click on contacts and find the COA)

## WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM

## JUST A FRIENDLY REMINDER...

### **Town Meeting will begin on Monday, May 4th at 7:00 PM.**

Article 26 on the Town Warrant does relate to the potential new Center on South Street. Below is the Article.

Please contact Courtney Riley (508-668-3330)  
if you have any questions.

#### **ARTICLE 26 :**

To see if the Town will vote to appropriate \$410,000 or any other amount, to pay costs of architectural design for a new Council on Aging, along with any and all work associated with and appurtenant thereto, including the cost of a project manager and other related costs; to determine whether this amount shall be raised by taxation, transfer from available funds, borrowing or any combination of the foregoing; to authorize the Selectmen to apply for, accept, and expend all funds received as gifts or state or federal grants associated with the project; or to take any action in relation thereto.

(Petition of the Board of Selectmen)

#### **Director Notes**


With the snow having finally melted and the colder weather behind us, we can get back outside and enjoying the longer days. The Walpole Council on Aging will do its part to help with this by creating an environment that encourages being active and engaged. I continue to see the energy and passion of everyone who lives in Walpole and will support you in whatever way I can so please let me know!

May is also a time to stop and honor the Mothers and Veterans in our lives. Mother's Day is Sunday, May 10<sup>th</sup>. To all the mothers, grandmothers, great grandmothers and godmothers, I hope you have a wonderful day!!

Memorial Day is Monday, May 25<sup>th</sup> and a time to remember those who have gone before us and paid the ultimate sacrifice ensuring our freedom in this wonderful country. Please take a moment to remember our Veterans and say **THANK YOU** for their services.

Courtney Riley

# MAY 2015

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				<b>1</b> Zumba 9:00 AM Seekers Writing Club 10:00AM Library Bingo 12:00 PM
<b>4</b> Exercise Class 10:00 AM Red Sox Tour 12:30 PM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>5</b> <u>Cinco de Mayo</u> Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Advanced Mah Jongg 1:00 PM Podiatrist 1:00-4:00 A Musical Interlude 4:00pm	<b>6</b> Day of Beauty 8:30 AM Exercise Class 10:00 AM Senior Citizen Club 1:00 PM Senior Moments Sing Group 2:30 PM	<b>7</b> Walking Club—Bird Park Managing Caregiver Stress Chickie Flynn 11:30 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>8</b> Zumba 9:00 AM Quiche Breakfast 9:30 AM Bingo 12:00 PM
<b>11</b> Exercise Class 10:00 AM Castle Island 11:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>12</b> Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Advanced Mah Jongg 1:00 PM A Musical Interlude 4:00pm	<b>13</b> Exercise Class 10:00 AM Knitting 10:00 AM <b>Senior Health Day</b> <b>10:00 AM—12:00 PM</b> Pokeno Mania - 12:30 PM Senior Moments Sing Group 2:30 PM	<b>14</b> Walk in Breakfast 8-10 AM Walking Club—Bird Park Veterans Mtg 9:30 Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>15</b> Zumba 9:00 AM Seekers Writing Club 10:00AM Library Bingo 12:00 PM
<b>18</b> Errand Day & Walpole Mall Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>19</b> Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Advanced Mah Jongg 1:00 PM A Musical Interlude 4:00pm	<b>20</b> Exercise Class 10:00 AM Twin Rivers 9:30 Pokeno Mania—12:30 PM Senior Moments Sing Group 2:30 PM	<b>21</b> Walking Club—Bird Park Wal-Mart Trip 10:00 AM Yoga 10:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>22</b> Zumba 9:00 AM Fun with Finance 11:15 AM Bingo 12:00 PM
<b>25</b> <b>MEMORIAL DAY</b> <b>CENTER IS</b> <b>CLOSED DUE</b> <b>TO HOLIDAY</b> 	<b>26</b> Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Advanced Mah Jongg 1:00 PM A Musical Interlude 4:00pm	<b>27</b> Exercise Class 10:00 AM TRIAD 11:00 Creative Corner 1:00 PM Senior Moments Sing Group 2:30 PM	<b>28</b> Day Of Beauty 8:30 AM Walk in Breakfast 8-10 AM Yoga 10:30 AM Cribbage 1:00 PM Bridge 1:15 PM COA Board Meeting 1:30 PM Hoops & Needles 6:30-9:00 PM	<b>29</b> Zumba 9:00 AM Johnny Macaroni 11:00 Bingo 12:00 PM

## Don't Forget:

Walpole Town Meeting is on Monday, May 4th

Mother's Day is on Sunday May, 10th

Walpole Day is on Saturday May, 16th



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## MAY TRIPS AND EVENTS

Please **sign up for ALL trips and events** you would like to attend.

Sign up starts **Friday, MAY 1st.**

Must Speak with someone at the Center to confirm sign up.

MAY 4 MONDAY	Private Tour of Fenway Park	Don't miss this opportunity to see one of the most historic parks!	Tour Starts at 12:30 PM at the Park
MAY 6 WEDNESDAY	Senior Citizen Club Meeting	Join us and have some fun and games and laughs	1:00 PM New members welcomed
MAY 7 THURSDAY	Chickie Flynn Restaurant	If you went last month must wait to sign up.	Please sign up at Center. \$2.50 gratuity per person
MAY 7 THURSDAY	Managing Caregiver Stress Presentation	Will be presented by: Bridges at Epoch	Free event—9:30 AM Please sign up at Center
MAY 8 FRIDAY	Quiche Breakfast At Center	Come enjoy this wonderfully home cooked treat.	24 people limit Please sign up at Center
MAY 11 MONDAY	Trip to Castle Island And Sully's	Come enjoy this great trip and wonderful food	11:00 AM Please sign up at Center
MAY 13 WEDNESDAY	Senior Health Day	Hosted by the Walpole COA and Walpole VNA	10:00 AM—12:00 PM Light snacks will be served
MAY 14 THURSDAY	Walk-in Breakfast	Join us for a great home-cooked breakfast & wonderful company!	8:00 AM—10:00 AM \$3.00 per person
MAY 18 MONDAY	Errand Day & Walpole Mall	Will take you anywhere in Walpole, just let us know where	Please sign up as the departure time is based on number of people.
MAY 20 WEDNESDAY	Twin River Casino	Space is limited to 17 people	Van will leave Center at 9:30 AM
MAY 21 THURSDAY	Wal-Mart Trip	We will be going to the Walpole Wal-Mart	Van Leaves at 9:00 AM Must Sign up
MAY 22 FRIDAY	Timothy Moses from Edward Jones	"Outlook & Opportunities: Find the Prevailing Winds"	11:15 AM. A light lunch will be served at the Center with this talk
MAY 27 WEDNESDAY	TRIAD Meeting	Each month is a new topic related to elder safety	11:00 AM Please sign up
MAY 27 WEDNESDAY	Creative Corner Group	White Elephant Swap Bring your treasures to trade	All welcome! 1:00 PM at Center
MAY 28 THURSDAY	Walk-in Breakfast	Join us for a great home-cooked breakfast & wonderful company!	8:00 AM—10:00 AM \$3.00 per person
MAY 28 THURSDAY	Council on Aging Meeting	Please join us for this very important meeting for all seniors in Walpole	1:30 PM at the COA All are Welcomed
MAY 29 FRIDAY	Johnny Macaroni's Restaurant	Enjoy a great meal in East Bridgewater	11:00 AM Van will leave Please sign up

### **Betty White is older than sliced bread!!**

America's sweetheart was born in 1922, just six years before the Chillicothe Baking Company sold the very *first* loaf of sliced bread on July 7, 1928.

**THANK YOU to all who have donated to the Knitting/Crochet Group!**

We have begun our fifth year of this project and are working on afghans and lap robes for the West Roxbury VA Hospital for delivery December 2015.

We are currently in need of yarn, and we would like to enlist some new members.

Come join us on the second and fourth Wednesdays each month at the Senior Center from 10:00 to 12:00.

You do not have to be an expert...we learn from one another...enjoy the sociability while providing some comfort for our veterans.

**THANK YOU** and we hope to see you soon at one of our meetings.

The Knitting/ Crochet Group

**Senior Health and Wellness Expo - Wednesday, May 13th**

Hosted at the Walpole COA from 10:00 AM -12:00 PM.

This expo will be for seniors to learn about some of the benefits they can receive and learn about new programs.

**Walpole Day ~ Saturday, May 16th**

Come out and support the Council on Aging and all the other great organizations in town. The Parade Starts at 12:00 PM.

**IN MEMORY OF BARBARA HALL****THE FUTURE**

Tomorrow sometimes seems to me  
A hidden, fearsome place to be,  
Beyond a locked, unopened gate.  
If I could claim clairvoyance  
And what was coming I could see,  
Perhaps I'd feel somewhat secure,  
But still, I'm simply not so sure.  
Do I really need to see the things  
An unknown, ungreased future brings?  
Why strive to know how things turn out?  
I' rather leave my fate in doubt!  
With any luck at all. I'll stay  
As ignorant as I am today!

Barbara Hall  
12-18-2000

## Carols Corner

### WITH BOSTON IN THE MIDST OF A BUILDING BOOM, A LOOK BACK AT ONE OF OUR ORIGINAL GIANTS.

- 165 Feet– The height of the Batterymarch Building. Boston's first Art Deco skyscraper completed in 1928 (Only the Custom House tower was taller)
- 495 Feet– Height of the Custom House tower. It was exempt from the local zoning laws that governed the Battery march.
- 790 Feet- Height of the John Hancock Tower, Boston's tallest building today.
- The Batterymarch Building was named for the Revolutionary War soldiers who marched by the site on the way to their garrison. To create the illusion of even greater height, it's clad in 30 shades of brick that transition from dark at the bottom to light at the top.

### LAUGH A DAY

A YOUNG BOY told his father , "Today is Abraham Lincoln's birthday.  
He was great, wasn't he?"

"Indeed he was," his father replied." When he was your age he was out splitting rails."  
"Yep. And when he was your age, he was president of the United States."

### Laugh Out Loud

A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood.



### WARNINGS ABOUT HOMEOWNER INSURANCE CANCELLATIONS & PROMISES OF WINNING A JACKPOT

Beware of callers telling you that they  
need to check your furnace and smoke detectors before your  
homeowner insurance is cancelled.

In some cases a female caller says that the state mandates furnace inspections.

Some reported that a pre-recorded call indicated you could win a daily jackpot (\$5000?) if you stay on the line and take the survey. **DON'T DO IT!**

Reports of calls in southeastern MA have been reported.  
This phone number may be the one used (617-766-5240).  
Caller ID says the company is "DJP". (It stands for Daily Jack Pot)

Shared by the Massachusetts Office of Elder Affairs on 4/2/15



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# NEW(S)HORIZONS

**Walpole Council on Aging**  
**Town Hall**  
**135 School Street**  
**Walpole, MA 02081**

**Telephone: (508) 668-3330**  
**Fax: (508) 660-7363**

**Courtney Riley, Director COA**  
**Conchita Geyer, Outreach**  
**Christine Tetreault, Elder**  
**Advocate**

**Jane Wulk, Van Driver**  
**Carol Fellini, Van Driver**  
**Jim Hinds, Van Driver**

**Joanne Damish**  
**Chairman COA Board**

**Meal site**  
**(508) 668-3423**

**This Newsletter is made**  
**possible, in part, by a grant**  
**from the**  
**Massachusetts Executive**  
**Office of Elder Affairs.**



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## WALPOLE VNA

The Walpole Area VNA nursing staff  
conducts clinics for blood  
pressure checks, other screenings and  
provides health info at the following  
times and places:

**4th Monday of the month -**  
**Walpole Senior Center,**  
**Town Hall 12:30 PM**

As well as:

3rd Wednesday of the month -  
Norfolk Senior Center 12:30 PM

3rd Wednesday of the month -  
Norwood Senior Center 12:30 PM

4th Friday of the month -  
Caryl Center 1:00 PM

## Anyone who rides the vans will need a completed 'File of Life' on their person Starting May 1st!!!

The free-of-charge kit consists of an information card  
listing all medications a person uses and all special health  
conditions he or she has. The card is kept inside a  
bright red vinyl sleeve marked "**FILE OF LIFE**".  
In the event of a medical emergency, a File of Life allows  
paramedics and EMTs to administer the correct treatment  
quickly.

FILE OF LIFE	
Name:	
Address:	
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	

These are available at the COA if you do not have one.